

Discharge Summary for Reverse Total Shoulder Arthroplasty

Diet Instructions: Regular

Call provider:

- Temperature greater than 101.5 F
- Redness, tenderness, or signs of infection (pain, swelling, redness, color, or green/yellow discharge around incision site)
- Severe Uncontrolled pain

Dressing – Remove white airstrip dressing in 24 hours and may begin showering. No need to cover while showering. Do not need to reapply dressing unless drainage present.

Do not submerge incision in water such as swimming or tub use.

Do not use ointments on incision, keep clean and dry.

You may use an ice pack to site.

Begin home exercise program within 24 hours of surgery, full active ROM shoulder may start 24 hours after surgery. Abduction sling is only as needed for comfort and not necessary to wear after 24 hours. Start physical therapy within one week or when scheduled.

You will be on Aspirin 81 MG twice a day for a six week period to prevent deep vein thrombosis (blood clot) for prophylaxis or another blood thinner as discussed at your preoperative appointment.

Post-operative appointment attached with discharge instructions

Contact information:

Dr. Wohlrab's office (910)295-0265

After hours – after 5pm M-F and weekends (910)715-1000 – ask for Pinehurst Surgical Physician on call.